Vermont Quit Network
Where you're in charge of choosing the options that work for you.

ASTHMA, SMOKING AND LUNG HEALTH

Smoking has severe effects on your lungs and your health.

Smoking causes serious illnesses that affect your breathing, like pneumonia, chronic bronchitis, and emphysema. And, smokers are 10 times more likely to die of Chronic Obstructive Pulmonary Disease (COPD).

ASTHMA

- People with asthma are at special risk from smoking because smoke can clog your lungs with mucous and make it much harder for you to move air in and out of your body.

- People who smoke have poor asthma control and more asthma attacks.

- Smoking makes asthma more severe. Smokers with asthma need to go to the hospital more often.

COLDS and SORE THROATS

- People who smoke are more likely to have colds and sore throats, and smoking gets in the way of your body's ability to fight infections.

BREATHING

- Smoking makes you cough and wheeze more.

- Lungs get inflamed when someone smokes, making it much harder to breathe.

You can breathe easier, cough and wheeze less, and improve your health by quitting smoking. And, the Vermont Quit Network can help.

Vermont QUIT network
every try counts
1-800-QUIT-NOW (784-8669) vtquitnetwork.org
VERMONT DEPARTMENT OF HEALTH

The Vermont Quit Network offers free nicotine replacement therapy – patches, gum or lozenges – to all Vermonters. Delivered to your home for FREE.